



# PAWS A WHILE

HUMANE SOCIETY OF TUOLUMNE COUNTY

# OCTOBER

eNews #121 October 2, 2021

## Some Interesting Facts About October



**S**itting square in between September and November, October is the tenth month of the Gregorian calendar.

October is seen by many to be a time of real seasonal change, both in the northern and southern hemispheres.

For those in the north, autumn is kicking with the harvest festivals over as the nights get cooler and longer by the day.

Yet October is unsurprisingly quite different for those who live in the southern hemisphere. Spring has already bloomed in all its glory, and life is becoming more and more pleasant by the day. Cooler nights can still be found but overall, it's a wonderful time to get outside and enjoy the warmth of the sun.

Let's take a look at the origins of October, the traditions we celebrate during it, as well as some interesting little facts to bring it all together!

The meaning behind October's name is far from accurate these days. The ancient Roman calendar was based on the lunar cycles, as opposed to our current calendar which is

based on the solar cycles. This meant that there were originally 10 months in their calendar, and October was the eighth month. Its name literally translated into “the eighth month” in Latin. In 451BC the two months of Ianuarius and Februarius were added to the beginning of the calendar, making October the 10<sup>th</sup> month.

The Anglo-Saxons’ name for October was Winterfylleth, with its name containing the words for winter and full moon respectively. It was named this because winter was said to begin from the first full moon of the month.

October has just one birthstone, and with this dazzling stone who needs another? October’s birthstone is the Opal, which was valued by the Ancient Romans as the most priceless of all. The opal comes in a myriad of striking colors that often seem to swirl together and is a symbol of both faithfulness, purity, and hope.

In addition, October has two strikingly different birth flowers, the pastel-hued cosmos, and the radiant marigold flowers. The cosmos flower is representative of the joy one finds in peace and love, as well as representing peace. The marigold, otherwise known as the calendula, is said to be a symbol of tranquility and grace.

And last but not least...it wouldn’t be October without Halloween, which is celebrated on October 31<sup>st</sup>. The celebration’s origins go all the way back to the Gaelic people of modern-day England, Scotland, and Ireland, who celebrated the festival of Samhain. Among other activities, the original celebrants of Samhain would dress in costumes or disguises and go door-to-door receiving gifts of food, much like how today’s children dress up and receive treats!

As you can see, October is a pretty fantastic time of the year. No matter where you are in the world, the weather is just simply wonderful, with nature putting on a full display for all who step outdoors.

For a lot of people, the month of October drags on until Halloween and all the celebrations that come with it, and then poof...it’s over way too quickly!



## October Pet Holidays

### Month-Long Celebrations

- Adopt-A-Dog Month
- Adopt-a-Shelter Dog Month
- National Animal Safety and Protection Month
- National Pet Wellness Month
- National Pitbull Awareness Month

## Week-Long Celebrations

- October 3–9: National Walk Your Dog Week (first week of October)
- October 3–9: Animal Welfare Week (first week of October)
- October 17–23: National Veterinary Technician Week

## Day Celebrations

- October 1: National Fire Pup Day
- October 1: National Black Dog Day
- October 4: World Animal Day
- October 13: National Pet Obesity Awareness Day
- October 16: National Feral Cat Day
- October 17: National Fetch Day
- October 21: National Pets for Veterans Day
- October 27: National Black Cat Day
- October 28: Plush Animal Lovers Day
- October 29: National Cat Day
- October 30: National Pitbull Awareness Day (last Saturday in October—unless Halloween falls on the last Saturday, then another date is chosen)

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## Five Fun Arts & Crafts Projects to do with Your Dog

You love playing games with your dog; you play fetch, take them for walks, and even play hide-and-seek. Have you ever tried doing DIY dog crafts though? We know that your dog can't use scissors or glue but you can still get creative by doing some of these fun pet crafting ideas and find activities to do with your dog.

Happy crafting!



**How to Stamp A Dog Paw Print** - You can imprint an image of your pet's paw on almost any item as a memento. To do this, you'll need non-toxic paint, a paint brush, and a substrate like paper or fabric. Hold your dog's paw, and quickly paint the pad. Press its paw onto the paper or fabric, and you're done. To make cleanup easier, keep a bowl of water, a wet washcloth, and a dry towel next to you. Immediately wash and dry your dog's paw. You might need help from another human if you have a fidgety pet because you probably don't want a permanent trail of paw prints decorating your floor or carpet.

**Muffin Tin Treat Puzzle** - Keeping your dog happy involves giving them plenty of mental and physical exercise. A muffin tin plus a few tennis balls can stimulate your dog's intellect and keep them entertained. Grab a muffin tin and enough tennis balls to fill each cup. Place a few treats or pieces of dog food in some of the muffin cups. Then, cover all of them with tennis balls. Set the puzzle down in front of your dog, and watch as they try to figure out how to get to the treats.

**Braided Tug Toy** - Use a durable material to make braided tug toys. Fleece and denim work well. Use three lengths of fabric about one or two feet long. Knot them at one end. Then, weave a traditional braid, knotting the other end to secure them when you're finished. That's it as dogs love tugging on the knotted ends.

**Knotted Towel** - This dog toy is simple to make and can keep dogs occupied for a while. All you need to do is take a dishtowel and tie it in a knot. Make these out of hand towels, dishtowels, and washcloths to create different sizes. You can also use a knotted towel to train a shy dog. If it's one of your dog's favorite toys, try hiding it. Reward your pup with play time or a treat when they find it. Your dog will get a confidence boost, and you'll both benefit from spending quality time together.



**No Sew Dog Bed** - Cut two large squares, circles, or rectangles from fleece. Lay the pieces flat on top of each other, and cut perpendicular to each cut edge, creating fringe. Each segment should be about 1 inch wide and 3 inches long. When you're done cutting, knot each piece together. The easiest way to make this is to cut the fleece to the size of a pillow. Before

you knot the bed together, stuff a pillow inside the fabric. Finish knotting around the pillow to complete the bed.

# Dear Tabby



**Caroline Kennedy's White House dog Pushinka was a gift from what Soviet leader?** Premier Nikita Khrushchev gave the dog to Caroline in 1961. Pushinka ("Fluffy" in Russian) was the pup of Strelka, a Russian space dog. Pushinka and another Kennedy dog named Charlie had four pups, which JFK jokingly call "pupkiks."

**Why do cats sleep so much?** Cats sleep an average of 16-18 hours a day and one reason is to conserve energy. Cats use a special form of sugar to fuel their short burst of activity and it takes a while to restore this energy so cats are careful when and why they rush into actions. Since cats are most active at dawn and dusk, to balance their instinct with our human schedules, they end up taking a lot of "cat naps."

**Purrfact:** Cats don't meow at other cats. They reserve this sound for getting attention (not to mention food) from humans. This is not to say that cats don't talk to other cats, they do, or in some cases scream if they are fighting.



# Winter Safety

## 10 Safety Tips for Pet Parents for Winter and Fall, Too!

Autumn is beautiful. Earthy smells, refreshing temperatures and vibrant colors create the perfect environment for long walks with our canine companions.

So in that light, here are a few handy safety tips to keep in mind the next time you and your furry friend head outside.

### 1. Keep Them Warm

In some regions, the temperature drops quickly once fall hits. Put a blanket on the porch for your dog if they spend a lot of time playing in the yard, and don't leave them out for extended periods of time in the late evenings and early mornings. Most breeds are well-equipped to withstand cooler temperatures, but others – like Chihuahuas, Greyhounds, and Salukis – are not.

### 2. Be Careful Around Mushrooms

This time of year, mushrooms start popping up on forest floors and around your yard. While most of these fungi are safe to eat, others are highly toxic to your pet – and it's best not to take the risk. Prevent your dog from ingesting them by supervising independent play and keeping them close during off-leash walks and hikes.

### 3. Watch out for Wildlife

It's almost hibernation season! This means that wild animals – like skunks, bears, raccoons, and snakes – are out and about, busily preparing for their winter snooze. If you and your dog find yourself in the woods, keep a close eye out for these creatures, and mind your distance! If you live in an area that's home to venomous snakes, consider keeping your dog on-leash.

### 4. Let there be Light

As the days get shorter, it only makes sense to plan for walks in the dark and make sure to invest in reflective gear for yourself and your dog!

### 5. Consider their Joints

It's typical for dogs with arthritis or other joint problems to experience more discomfort once the temperature drops. Keep an eye out for signs such as limping and reluctance to exercise. If your dog is whimpering when moving, it's time to seek help from your

veterinarian. Ask about giving your dog a glucosamine supplement, which can help ease inflammation around your dog's joints.

## 6. Check for Ticks

The end of summer doesn't necessarily mean the end of tick season. In fact, many species of ticks can survive well into winter. Exercise caution when playing in fallen leaves, as these blood-sucking pests thrive in damp environments. Continue using natural bug repellents, and always check your dog thoroughly after returning from the outdoors.

## 7. Avoid Allergy Aggravates

Fall allergens like ragweed and mold can cause your pet to itch, sneeze, and cough all season long. The first step is avoidance – however this isn't always possible, especially if you don't know exactly what's causing your dog's allergic reactions. If you suspect they have seasonal allergies, talk to your veterinarian about getting them tested to determine the best natural treatment plan.

## 8. Protect the Paws

Don't forget about your dog's paws over the next few months. Ice, snow, salt, and the hot terrain of summer are the greatest dangers your dog's feet will face. But year-round protection is key to keeping their sensitive pads in good condition. Doggie booties are a popular – and adorable – preventative solution that most dogs don't mind. Alternatively, natural products are easy to apply before and after walks, and will ensure their feet are healthy by the time winter rolls around.

## 9. Keep Nutritional Needs in Mind

Chances are, your dog will be livelier now that the air is fresh. Take their activity level into account when reassessing their diet for the season – do they need more calories to account for the energy expended? Should you rotate the protein intake to ensure they're getting the nutrients needed?

## 10. Dog-proof your Environment

Do a daily sweep of your yard to ensure it's safe for your canine companion. Clean up rotten fruit that's fallen off trees, as the seeds, stems, and leaves aren't good for animals to eat. Break off any bare sticks that your pet can get caught on while playing – as they shed their leaves, they also pose more of a danger to your pet's eyes. If you've already put anti-freeze in your car to prepare for the first frost, be sure that no spills have pooled anywhere that your dog can access.

Keep this precautionary list for fall and winter safety in the back of your mind... yet don't let it stop you from enjoying nature this season!



## Five Handy Tips for Walking Dogs in the Rain

### 1. Weather-appropriate Clothing

When rain is in the forecast, the unpredictability of inclement weather can occur anytime, even if it's not typical in your region. So, always make sure you have weather-appropriate clothing for

your furry friends, as well as yourself. Also, raincoats and rain boots for your pups can keep them happy and dry, and not to mention adorable.

### 2. Keep Paws Dry

If you opt not to put rain boots on your furry friend, definitely make sure to properly dry their paws after the walk. Some pups don't like wearing rain boots, but dry paws are imperative for their health. If you can convince them to don some foot gear, it will keep your pet's paws dry and avoids slipping, falling, and keeps their paws in good condition. In

addition, it also helps you keep your house clean, with no decorative muddy paw prints!

### 3. Visibility

Visibility is one of the most important safety aspects of walking dogs in the rain. In essence, your visibility protects you and your pup from a potentially unsafe situation. In addition, wear bright colors or have reflective strips on your gear, to make sure you are still visible to traffic. Also, be mindful of what time you choose to take your walks, as it might be darker outside so plan accordingly.

### 4. Shorten the Walks

While walking your dogs in the rain, keep your pet's safety and comfort in mind. Likewise, if there is heavy rain, shorten the walks, and allow for interactive playtime indoors.

Naturally, if it's a lighter rain, enjoy the fun outdoors and monitor your pet's activity and if they are uncomfortable with the conditions, make accommodations for their health and safety.

### 5. Awareness of Puddles and Pet Health Safety

Fresh rain can carry a lot of dirt, debris, oil, and other pet health safety concerns. In addition, your pet's wellness could be jeopardized from drinking out of contaminated puddles. For instance, diseases like Leptospirosis can be contracted drinking from standing puddles. Be mindful of your pet's activity outdoors, and bring fresh water with you at all times to avoid over-heating.

Walking dogs in the rain is a necessary part of being a responsible pet owner, and getting outdoors is a great health benefit for all parties. By keeping your pet's health and safety in mind and wearing pet-appropriate clothing, your next walk will be the highlight of your pet's day. Certainly, a wonderful opportunity to bond together and enjoy everything the season has to offer with our best furry friends.

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## Fluffy Cats: Name Ideas for Fluffy Haired Cats



Are you looking for that perfect cat name that just fits your kitty? Naming a cat can be difficult. One way many pet owners do it is to look for a name that goes with your cat's personality or physical characteristic? With that in mind, here are some names ideas for cats that are known to be "fluffy".

- Bear
  - Charmin
  - Cotton
  - Downy
  - Feathers
  - Fluffy
  - Fluffmaster
  - Flannel
  - Fluffmonster
  - Foofur
  - Furball
  - Furby
  - Fuzz
  - Fizzle
  - Fuzzbutt
  - Fuzzy Britches
  - Fuzzeria
  - Fuzzy
  - Fuzzy-wuzzy
  - Fuzzy Lumpkins
  - PlushKitti
  - Puff
  - Puffy
  - Ruffles
  - Teddy-Bear
  - Woofy
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